

Simulated Chop

Description of Exercise:

At the instructors signal the candidate will grasp and lift an eight pound (8 lb.) sledge hammer and will deliver a striking blow to the steel block. This action will continue until the steel block has been moved to a pre-determined marking.

Equipment to be used:

A sled and one (1) eight pound (8 lb.) sledge hammer.

Measures:

This exercise measures the applicant's strength and endurance, explosive strength, flexibility, speed of limb movements and cardiovascular endurance.